

Daily Affirmations- September 2017

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past.

Affirmations have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Fri	Sep	1 st	Head up, only down to pray
Sat	Sep	2 nd	The universe tends to unfold as it should.
Sun	Sep	3 rd	Life is what you make of it.
Mon	Sep	4 th	Just when the caterpillar thought life was over, it became a
Tue	Sep	5 th	Hold yourself accountable. Knowledge is Free.
Wed	Sep	6 th	Be grateful for every thing.
Thu	Sep	7 th	Find the lesson in this experience and apply it to the future.
Fri	Sep	8 th	Just keep moving.
Sat	Sep	9 th	You are what you think you are.
Sun	Sep	10 th	Be who you think you are, not who you think people want you to
Mon	Sep	11 th	Better late than never.
Tue	Sep	12 th	Good, Better Best. Never let it rest; til the good is to better and the better is to best!!
Wed	Sep	13 th	Life can be wonderful! Look for the rose!!
Thu	Sep	14 th	This too shall pass.
Fri	Sep	15 th	Every sinner has a past. Every saint has a future.
Sat	Sep	16 th	I think, therefore I am.
Sun	Sep	17 th	Art, Dancing, Music
Mon	Sep	18 th	Smile, it doesn't hurt :)
Tue	Sep	19 th	Stars cannot shine without darkness.
Wed	Sep	20 th	God finds you worthy to love. You can love you too.
Thu	Sep	21 st	Be someone down for the cause, not down for the count.
Fri	Sep	22 nd	Don't dwell on yesterday. Live for today!
Sat	Sep	23 rd	Pray for my children and me.
Sun	Sep	24 th	Why fight each other when the world is already in battle.
Mon	Sep	25 th	Today is going to be a better day.
Tue	Sep	26 th	Positive thinking = Positive results
Wed	Sep	27 th	Look forward. Don't look back.
Thu	Sep	28 th	Seek the light. The smallest ray overcomes all darkness.
Fri	Sep	29 th	Fight your battles one at a time.
Sat	Sep	30 th	I am a winner, no matter the obstacles.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"Be the change you wish to see in the world" - Gandhi

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.